**Because you see this test before sitting it a final time, and been given time to prepare for it, you are expected to get a mark of at least 15 out of 20!**

Keeping Healthy

Vocabulary ( ½ mark each correct word. /5):

Draw the food pyramid. Label its parts. Draw and label two types of food to fit in each part. Do this on your own paper. You will need to have at LEAST ten labels to get full marks. **Do this on your own paper.**

Grammar

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**Finish these sentences by thinking of one idea for each.**

I stay healthy because I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (1 mark)

I stay healthy because I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (1 mark)

**Rewrite the sentence to make it correct:**

Nora eat apples. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1 mark)

Ruquaia every day runs. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1 mark)

Ahmed have healthy habits. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1 mark)

Comprehension (1 mark each – /5)

**Interesting things about health:**

* **Flossing your teeth can improve your health. Bugs can live in the old food and plaque on your teeth. These bugs can make you very sick.**
* **The more you smile, the longer you live.  Smiling and laughing help people relax. Stress can make your body weak. A weak body has trouble fighting bugs. If you have lots of fun, your body keeps healthy!**
* **Stay away from people who smoke. Smoke has many poisons in it. When somebody walks past you, and you breathe in the smoke, it weakens *your* body. Thousands of people die each year because they live with people who smoke.**
* **From the age of thirty, humans begin to shrink in size. A good diet can slow this down by keeping your body strong. Eat well to stay tall and straight.**
* **People need lots of water to stay healthy. You should drink two litres of water each day. If you don’t drink enough, you may get a headache. This is because your brain is shrinking because it is low on water.**

1. Flossing your teeth can make you sick. TRUE / FALSE (½ mark)
2. What five things should people do to stay healthy? (Take your information from the passage.)
   1. Floss \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (½ mark)
   2. S\_\_\_\_\_\_\_\_\_ (½ mark)
   3. Stay away from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(½ mark)
   4. Eat a good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.(½ mark)
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(½ mark)
3. Why is it important to stay away from people who smoke? (1 mark)

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1. What is one way to stop headaches? (1 mark)

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Writing (Explanation text type) /5 (see rubric)

Explain the different things people can do to keep healthy, and why these things are important.

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| Paragraph 1 | **Introduction:** Introduce three important things people can do to keep healthy. |  |
| Paragraph 2 | One way to keep healthy. | Idea:  Examples: |
| Paragraph 3 | Another way to keep healthy. | Idea:  Examples: |
| Paragraph 4 | Another way to keep healthy. | Idea:  Examples: |
| Paragraph 6 | **Summary –** How a person can keep healthy and why it is important. |  |

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| Planning | No / irrelevant planning  0 | 50% of planning complete  1 | Plans relevant ideas in all boxes  2 |
| Vocabulary | Simple, mostly irrelevant vocabulary  0 | Uses mostly relevant vocabulary and other simple words.  1 | Use a range of relevant vocabulary plus descriptive words.  2 |
| Spelling and punctuation | Most spelling is incorrect. Punctuation not /rarely used.  0 | Majority of spelling is correct. Punctuation used.  1 | Most spelling is correct, especially more common words. Punctuation used correctly most of the time.  2 |
| Ideas | No real ideas  0 | A few simple ideas. Sometimes attempts to explain these ideas.  1 | Sound ideas. Mostly well explained.  2 |
| Structure | Sentences make little sense. No obvious paragraphing.  0 | Makes reasonable sense. Some attempt to separate ideas.  1 | Most sentences making sense. Obvious paragraphing.  2 |